



# Aubrey PAC June News

## Mark the Calendar

June 4 – Sports day

June 4 – Mural dedication

June 12 – Food day

June 12- Clothing drive

June 17 – PAC AGM

7-8pm

June 19- Popcorn day

## Mural Celebration Ceremony



Thursday June 4, 2015

9:00am

You are invited to join us for a ribbon cutting ceremony to unveil Aubrey's new school mural.

## PAC AGM

Do you want to help make Aubrey an even better place? Then **we want you!** Join us for the last PAC meeting of the year **June 17, 7-8pm in the Aubrey library.**

Find out what we have been up to all year or volunteer and get involved. All PAC Executive positions are open, and we will be holding nominations during the meeting.

## Clothing Drive

The PAC will be holding its last clothing drive of the school year on **Friday, June 12**. Please drop off bags in the undercover area in front of the school between 8:30 and 9:30am. **We are so close to reaching our goal of 300 bags!**

Please contact Pat at [runpkc@gmail.com](mailto:runpkc@gmail.com) if you have any questions about donatable items.

Please obey the traffic rules when dropping off clothing. Attendants will be on Stratford to retrieve your donations. **Do not park and leave your car on Stratford. Do not park in the staff lot.**



# PAC UPDATES

## Walk-a-thon 2015

We couldn't be more thrilled with the effort and dedication the students of Aubrey have shown in raising pledges to support this year's walk-a-thon. **The students of Aubrey raised a record breaking \$10,290!** Our three top fundraisers were Sabrina, Binta, and Vanessa. Thank you all for your amazing efforts!

Mme. Bodin / Mrs. McGivern and Mrs. Carlson / Mrs. Pastora were the top earning classes.

The PAC would also like to thank all the volunteers who made the walk-a-thon a huge success. Whether it was counting money or obtaining prize donations, we couldn't have done it without you.

**A Special thank you to our generous sponsors for their wonderful donations:**

Splashdown Waterparks

Playland

White Spot

Vancity

Ultimate Soccer School

Saveco Sports

North American Sports "The Soccer Shop"

Telus

BMO (Bank of Montreal)

Safeway

Mercedes-Benz

Kidoodles Art Studio

Royal City Soccer Club

Cioffi's Meat Market and Deli

Red Apple Market

Richmond Go-Karts

EA Sports

Kensington Centre

# PAC UPDATES

## PAC Book Sale

We broke another record in our fundraising efforts this year! **The book sale raised \$807.** That means we sold over 800 books to Aubrey students, parents and staff. Thanks to everyone who donated their used books and made this fundraiser a success. We would also like to thank all the volunteers.

Happy summer reading!

## Staff Appreciation Lunch

The PAC would like to thank all the people that brought in food for the luncheon. The staff really appreciated your delicious efforts!

## Thanks to You!

The PAC has been able to provide the students of Aubrey with many enriching opportunities, and we couldn't have done it without all the help and support of our parent community.

Thank you to everyone who has supported the PAC. Whether you have volunteered your time or contributed to one of our fundraisers, it is all greatly appreciated!

We would also like to extend a special thank you to our traffic coordinators who have worked very hard, rain or shine, to make Aubrey safer for our children. They have the support of the PAC, the school, and the community in their efforts to improve the traffic problems at Aubrey.

## May Guest Speaker

Sarah Mellett RN BScN MN and Shana Lund RN BScN MN gave an excellent presentation on anxiety in children. The evening was well attended. The PAC hopes to offer more guest speakers in the future. If you have ideas of other guest speakers you wish to see, please attend a PAC meeting or email the PAC at [pac.aubrey@gmail.com](mailto:pac.aubrey@gmail.com).

If you missed the presentation, but would like more information, please see below.

## Childhood Anxiety Resources for Parents

# Video referred to in the presentation

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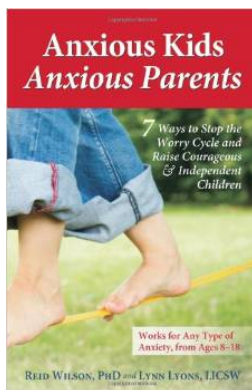
You can purchase **Lynn Lyons full video** by going to her website:

<http://www.lynnlyonsnh.com/>

# Book referred to in the presentation

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Anxious kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children



By Reid Wilson PhD and Lynn Lyons LICSW (2013)

# Mobile Apps

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**Mind Shift** (download on phone or tablet) for info : <http://www.anxietybc.com/mobile-app>

# Online Distress Toolkits

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**The Kelty Mental Health Resource Centre: Healthy Living Toolkits**

<http://keltymentalhealth.ca/toolkits>

Here to Help: Wellness Modules <http://www.heretohelp.bc.ca/wellness-modules>

# Websites

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Complete Home Toolkit for Parents found on Anxiety BC Website:

[http://www.anxietybc.com/parent/complete\\_home\\_tool\\_kit.php](http://www.anxietybc.com/parent/complete_home_tool_kit.php)

<http://www.adaa.org/GettingHelp/FocusOn/Children&Adolescents.asp>

Anxiety Disorders Association of BC

<http://www.anxietybc.com>

Here to Help

<http://www.heretohelp.bc.ca>

**Kelty Mental Health Resource Centre**

<http://keltymentalhealth.ca>

Youth in BC - support via on line chat from 12pm -1am.

# Additional Videos

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The Knowledge Network, in partnership with the BC government and the Mental Health and Community Consultation Unit, produced 4 documentaries on child and youth mental health. Through personal stories of young people, and interviews with parents and experts, these documentaries outline the early signs, symptoms and treatment of four mental disorders. Can be viewed online, and are available in DVD/VHS from the [National Film Board of Canada](#).

- Beyond the Blues: Child and Youth Depression (2004)
- Fighting Their Fears: Child and Youth Anxiety (2004)
- Map of Mind Fields: Managing Adolescent Psychosis (2004)
- Struggle for Control: Child and Youth Behaviour Disorders (2005)

*Bartlett, S., Kuzmickas, N., LeRose M., & Wood, M. British Columbia, Canada: Knowledge Network(2004 - 2005)* To access these online: <http://takingcare.knowledge.ca/>

You tube: Managing Stress – Brain-smart – BBC. (2010)

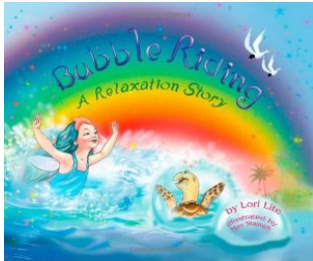
<http://www.youtube.com/watch?v=hnpQrMqDoqE>

You tube: The Single Most Important Thing You Can Do For Your Stress. (2012)

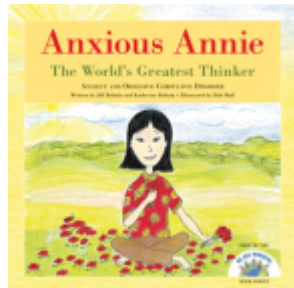
<http://www.youtube.com/watch?v=I6402QJp52M>

# Additional Books

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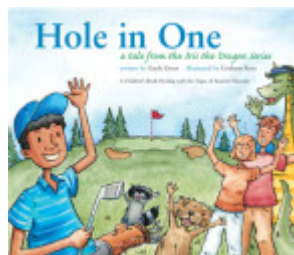


*Bubble riding* comes for a series of books by Lori Lite to teach children relaxation. Children love to visualize, or imagine, filling their bodies with the colors of the rainbow. Visualization, also known as creative imagery, can lower stress and anxiety levels. It can have a positive impact on your child's health, creativity, and performance. It can be used to decrease pain and anger. The colorful imagery in this story quiets the mind and relaxes the body so your child can manage stress and fall asleep peacefully. This is one of four stories featured on the Indigo Ocean Dreams CD ISBN 0970863365.



*Anxious Annie*, the world's greatest thinker, has anxiety and obsessive compulsive disorder (also called OCD for short). Annie explains how her thoughts make her do certain things over and over and over again - like count all things red, such as red shoes, red cars, and red houses. In addition to OCD, Annie is affected by anxiety. She worries much too much about things other kids her age don't even think about. Come discover Annie's world and see why she still thinks she's awesome! *Written by: Bobula, J. & Bobula, K.; Illustrated by: Hall, R. Ottawa, Ontario, Canada: Wildberry Productions(2009)*

To order books: <http://www.wildberryproductions.ca/index.html>



*Hole in One: A Tale from the Iris the Dragon Series*, is the third book in the Iris the Dragon series. The book addresses the topic of anxiety disorder in children, specifically anxiety about going to school and performance. This book provides children with anxiety an opportunity to identify with their thoughts, feelings and actions through the young character in the book. The book also helps normalize what a child with anxiety might be going through to let them know there is hope and that getting the help they need is important.

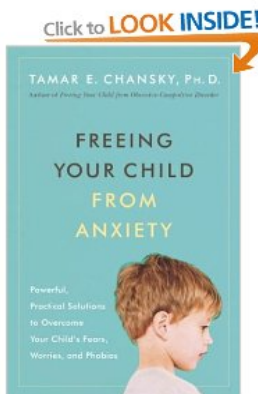
*Gayle Grass, illustrated by Graham Ross Perth, Ontario, Canada: Iris the Dragon Inc.*

To Order book: <http://www.iristhedragon.com/index.html>



The Worried Child: Recognizing Anxiety in Children and Helping Them

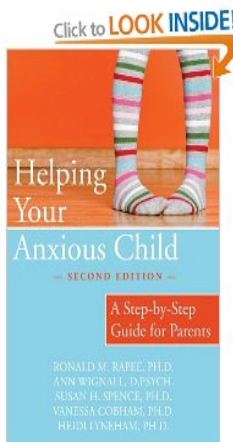
Healy Paul Foxman, Hunter House Publishers (2004) ISBN: 0897934202



Freeing Your Child from Anxiety: Powerful, Practical Solutions to

Overcome YourChild's Fears, Worries, and Phobias by Tamar E. Chansky Broadway (2004)

ISBN: 0767914929

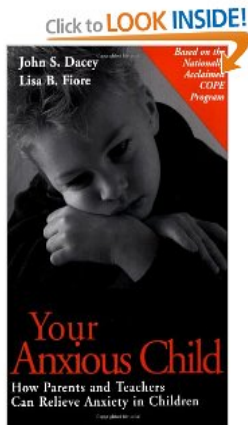


Helping Your Anxious Child: A Step-By-Step Guide for Parents by Ronald M.

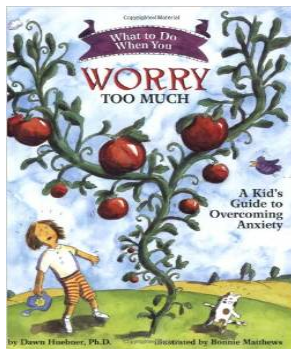
Rapee, New Harbinger Publications (2000) ISBN:1572241918

The Anxiety Cure for Kids: A Guide for Parents by Elizabeth DuPont Spencer, Wiley (2003) ISBN:

0471263613



Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children by John S. Dacey, Jossey-Bass (2001) ISBN: 07879604038.



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety Paperback by Dawn Huebner (Author), Bonnie Matthews (Illustrator) 2005